What is Claimed is:

- 1. A composition comprising:
 - a first oligomeric compound and a second oligomeric compound,

wherein at least a portion of said first oligomeric compound is capable of hybridizing with at least a portion of said second oligomeric compound,

wherein at least a portion of said first oligomeric compound is capable of hybridizing to a target nucleic acid, and

- wherein at least one of said first and said second oligomeric compounds comprises at least one conjugate moiety.
- 2. The oligonucleotide composition of claim 1 wherein said first and said second oligomeric compounds form a complementary pair of siRNA oligonucleotides.
- 3. The composition of claim 1 wherein said first and said second oligonucleotides comprise an antisense/sense pair of oligonucleotides.
- 4. The composition of claim 1 wherein each of said first and second oligomeric compounds comprises 10 to 40 nucleotides.
- 5. The composition of claim 1 wherein each of said first and second oligomeric compounds comprises 18 to 30 nucleotides.
- 6. The composition of claim 1 wherein each of said first and second oligomeric compounds comprises 21 to 24 nucleotides.
- 7. The composition of claim 1 wherein said first oligomeric compound comprises an antisense oligonucleotide.
- 8. The composition of claim 7 wherein said second oligomeric compound comprises a sense oligonucleotide.

- 9. The composition of claim 7 wherein said second oligomeric compound comprises an oligonucleotide having a plurality of ribose nucleotide units.
- 10. The composition of claim 1 wherein said first oligomeric compound comprises said at least one conjugate moiety.
- 11. The composition of claim 1 wherein said second oligomeric compound comprises said at least one conjugate moiety.
- 12. The composition of claim 1 wherein said first and second oligomeric compounds each comprises at least one conjugate moiety.
- 13. The composition of claim 1 wherein said second oligomeric compound comprises at least one conjugate moiety and said first oligomeric compound comprises no conjugate moiety.
- 14. The composition of claim 13 wherein said second oligomeric compound comprises a sense oligonucleotide.
- 15. The composition of claim 1 wherein said at least one conjugate moiety is attached to an internal residue of said first or second oligomeric compounds.
- 16. The composition of claim 1 wherein said at least one conjugate moiety is attached to a terminal residue of said first or second oligomeric compounds.
- 17. The composition of claim 16 wherein said terminal residue is at the 5' end of said first or second oligomeric compounds.
- 18. The composition of claim 1 wherein said conjugate moiety is attached to a heterocyclic base moiety of said first or second oligomeric compounds.

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- 19. The composition of claim 1 wherein said at least one conjugate moiety is attached to a monomeric subunit of said first or second oligomeric compounds.
- 20. The composition of claim 1 wherein said at least one conjugate moiety is attached to a monomeric subunit linkage of said first or second oligomeric compounds.
- 21. The composition of claim 1 wherein said at least one conjugate moiety is attached to said first or second oligomeric compounds through a linker.
- 22. The composition of claim 1 wherein said at least one conjugate moiety is a lipophilic moiety, vitamin, polymer, peptide, protein, nucleic acid, small molecule, oligosaccharide, carbohydrate cluster, intercalator, minor groove binder, cleaving agent, or cross-linking agent.
- 23. The composition of claim 1 wherein said at least one conjugate moiety is a steroid.
- 24. The composition of claim 1 wherein said at least one conjugate moiety is cholesterol or a cholesterol derivative.
- 25. The composition of claim 1 wherein said at least one conjugate moiety binds to low-density lipoprotein.
- 26. The composition of claim 1 wherein said at least one conjugate moiety is folate or folate derivative.
- 27. The composition of claim 1 wherein said at least one conjugate moiety is a water-soluble polymer.

- 28. The composition of claim 1 wherein said at least one conjugate moiety comprises polyethylene glycol or copolymer thereof.
- 29. The composition of claim 1 wherein said at least one conjugate moiety comprises a fusogenic peptide or delivery peptide.
- 30. The composition of claim 1 wherein said at least one conjugate moiety comprises a nuclear export signal.
- 31. The composition of claim 1 wherein said at least one conjugate moiety comprises a nucleic acid.
- 32. The composition of claim 1 wherein said at least one conjugate moiety comprises a drug.
- 33. The composition of claim 1 wherein said at least one conjugate moiety binds to human serum albumin.
- 34. The composition of claim 1 wherein said at least one conjugate moiety comprises a reporter group.
- 35. The composition of claim 1 wherein said at least one conjugate moiety localizes said first oligomeric compound, said second oligomeric compound, or both to the cytoplasm of a cell.
- 36. The composition of claim 1 wherein said at least one conjugate moiety enhances the pharmacokinetic or pharmacodynamic properties of said composition.
- 37. The composition of claim 1 wherein said composition has improved cellular uptake properties compared with the same composition having no conjugate moiety.

38. A composition comprising,

a first oligomeric compound capable of hybridizing to a target nucleic acid, optionally a second oligomeric compound hybrizable to said first oligomeric compound;

at least one protein, said protein comprising at least a portion of a RNA-induced silencing complex (RISC),

wherein said composition comprises at least one oligomeric compound comprising at least one conjugate moiety.

- 39. The composition of claim 38 wherein said first oligomeric compound comprises an antisense oligonucleotide.
- 40. The composition of claim 38 wherein said first oligomeric compound comprises 10 to 40 nucleotides.
- 41. The composition of claim 38 wherein said first oligomeric compound comprises 18 to 30 nucleotides.
- 42. The composition of claim 38 wherein said first oligomeric compound comprises 21 to 24 nucleotides.
- 43. The composition of claim 38 comprising said second oligomeric compound.
- 44. The composition of claim 43 wherein said second oligomeric compound comprises a sense oligonucleotide.
- 45. The composition of claim 43 wherein said second oligomeric compound comprises an oligonucleotide having a plurality of ribose nucleotide units.
- 46. The composition of claim 43 wherein said first oligomeric compound comprises said at least one conjugate moiety.

- 47. The composition of claim 43 wherein said second oligomeric compound comprises said at least one conjugate moiety.
- 48. The composition of claim 43 wherein said first and second oligomeric compounds each comprises at least one conjugate moiety.
- 49. The composition of claim 43 wherein said second oligomeric compound comprises at least one conjugate moiety and said first oligomeric compound comprises no conjugate moiety.
 - 50. The composition of claim 38 wherein said at least one conjugate moiety is attached to an internal residue of said first or second oligomeric compounds.
 - 51. The composition of claim 38 wherein said at least one conjugate moiety is attached to a terminal residue of said first or second oligomeric compound.
 - 52. The composition of claim 51 wherein said terminal residue is at the 5' end of said first or second oligomeric compound.
 - 53. The composition of claim 38 wherein said conjugate moiety is attached to a heterocyclic base moiety of said first or second oligomeric compound.
 - 54. The composition of claim 38 wherein said at least one conjugate moiety is attached to a monomeric subunit of said first or second oligomeric compound.
 - 55. The composition of claim 38 wherein said at least one conjugate moiety is attached to a monomeric subunit linkage of said first or second oligomeric compounds.
 - 56. The composition of claim 38 wherein said at least one conjugate moiety is

attached to said first or second oligomeric compounds through a linker.

- 57. The composition of claim 38 wherein said at least one conjugate moiety is a lipophilic moiety, vitamin, polymer, peptide, protein, nucleic acid, small molecule, oligosaccharide, carbohydrate cluster, intercalator, minor groove binder, cleaving agent, or cross-linking agent.
- 58. The composition of claim 38 wherein said at least one conjugate moiety is a steroid.
- 59. The composition of claim 38 wherein said at least one conjugate moiety is cholesterol or a cholesterol derivative.
- 60. The composition of claim 38 wherein said at least one conjugate moiety binds to low-density lipoprotein.
- 61. The composition of claim 38 wherein said at least one conjugate moiety is folate or folate derivative.
- 62. The composition of claim 38 wherein said at least one conjugate moiety is a water-soluble polymer.
- 63. The composition of claim 38 wherein said at least one conjugate moiety comprises polyethylene glycol or copolymer thereof.
- 64. The composition of claim 38 wherein said at least one conjugate moiety comprises a fusogenic peptide or delivery peptide.
- 65. The composition of claim 38 wherein said at least one conjugate moiety comprises a nuclear export signal.

- 66. The composition of claim 38 wherein said at least one conjugate moiety comprises a nucleic acid.
- 67. The composition of claim 38 wherein said at least one conjugate moiety comprises a drug.
- 68. The composition of claim 38 wherein said at least one conjugate moiety binds to human serum albumin.
- 69. The composition of claim 38 wherein said at least one conjugate moiety comprises a reporter group.
- 70. An oligomeric compound comprising a first region and a second region, wherein said first region is capable of hybridizing with said second region, wherein a portion of said oligomeric compound is capable of hybridizing to a target nucleic acid, and

wherein said oligomeric compound further comprises at least one conjugate moiety.

- 71. The oligomeric compound of claim 70 wherein each of said first and said second regions comprise at least 10 nucleotides.
- 72 The oligomeric compound of claim 70 wherein said first region in a 5' to 3' direction is complementary to said second region in a 3' to 5' direction.
- 73. The oligomeric compound of claim 70 wherein said oligomeric compound comprises a hairpin structure.
- 74. The oligomeric compound of claim 70 further comprising a third region located between said first region and said second region.

- 75. The oligomeric compound of claim 74 wherein said third region comprises at least two oligomeric residues.
- 76. The oligomeric compound of claim 74 wherein said oligomeric compound is RNA.
- 77. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is attached to an internal residue of said oligomeric compound.
- 78. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is attached to a terminal residue of said oligomeric compound.
- 79. The oligomeric compound of claim 78 wherein said terminal residue is at the 5' end of said oligomeric compound.
- 80. The oligomeric compound of claim 78 wherein said terminal residue is at the 3' end of said oligomeric compound.
- 81. The oligomeric compound of claim 70 wherein said conjugate moiety is attached to a heterocyclic base moiety of said oligomeric compound.
- 82. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is attached to a monomeric subunit of said oligomeric compound.
- 83. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is attached to an monomeric subunit linkage of said oligomeric compound.
- 84. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is attached to said oligomeric compound through a linker.
- 85. The oligomeric compound of claim 70 wherein said at least one conjugate

moiety is a lipophilic moiety, vitamin, polymer, peptide, protein, nucleic acid, small molecule, oligosaccharide, carbohydrate cluster, intercalator, minor groove binder, cleaving agent, or cross-linking agent.

- 86. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is a steroid.
- 87. The oligomeric compound of claim 70 wherein said at least one conjugate moiety is cholesterol or a cholesterol derivative.
- 88. The oligomeric compound of claim 70 wherein said at least one conjugate moiety binds to low-density lipoprotein.
- 89. The composition of claim 70 wherein said at least one conjugate moiety is folate and folate derivatives.
- 90. The composition of claim 70 wherein said at least one conjugate moiety is a water-soluble polymer.
- 91. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises polyethylene glycol or copolymer thereof.
- 92. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises a fusogenic peptide or delivery peptide.
- 93. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises a nuclear export signal.
- 94. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises a nucleic acid.

- 95. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises a drug.
- 96. The oligomeric compound of claim 70 wherein said at least one conjugate moiety binds to human serum albumin.
- 97. The oligomeric compound of claim 70 wherein said at least one conjugate moiety comprises a reporter group.
- 98. The oligomeric compound of claim 70 wherein said at least one conjugate moiety localizes said oligomeric compound to the cytoplasm of a cell.
- 99. The oligomeric compound of claim 70 wherein said at least one conjugate moiety enhances the pharmacokinetic or pharmacodynamic properties of said oligomeric compound.
- 100. The oligomeric compound of claim 70 wherein said at least one conjugate moiety improves cellular uptake of said oligomeric compound.
- 101. A pharmaceutical composition comprising the composition of claim 1 and a pharmaceutically acceptable carrier.
- 102. A pharmaceutical composition comprising the composition of claim 38 and a pharmaceutically acceptable carrier.
- 103. A pharmaceutical composition comprising the oligomeric compound of claim70 and a pharmaceutically acceptable carrier.
- 104. A method of modulating the expression of a target nucleic acid in a cell comprising contacting said cell with a composition of claim 1.

- 105. A method of modulating the expression of a target nucleic acid in a cell comprising contacting said cell with a composition of claim 38.
- 106. A method of modulating the expression of a target nucleic acid in a cell comprising contacting said cell with an oligomeric compound of claim 70.
- 107. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of a composition of claim 1.
- 108. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of a composition of claim 38.
- 109. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of an oligomeric compound of claim 70.